

Upcoming Events

 In-Person
 Hybrid
 Virtual

Introducción a la Meditación Mindfulness Serie de 5 semanas consecutivas

**5 MIÉRCOLES CONSECUTIVOS; SEPTIEMBRE 2, 9, 16, 23, Y 30,
4:00- 5:00 PM CST**

 VIRTUAL

Evento facilitado por Nora Barquin, Maestra Certificada de Mindfulness, esta es una serie para principiantes de atención plena (mindfulness) de 5 semanas. A través de prácticas basadas en evidencia, los participantes aprenderán a integrar la atención plena en su vida diaria utilizando tanto la meditación formal como técnicas informales de mindfulness. Este curso está diseñado para principiantes, así como para personas que desean retomar su práctica dentro de una comunidad de apoyo.

Ask the Dietitian: Food Safety

FRIDAY, SEPTEMBER 4, 1:00 - 1:45 PM CST

 VIRTUAL

Do you have questions about diet, nutrition, or food-related concerns? Join us each month to explore a variety of topics with our Board-Certified Specialist in Oncology Nutrition. This month, Lori will answer your questions about Food Safety.

Therapy Dog Meet and Greet

TUESDAY, SEPTEMBER 8, 4:00 - 5:00 PM

 IN-PERSON

Join us for a relaxing and enjoyable meet and greet with certified therapy dogs from Rainbow Animal Assisted Therapy. This informal monthly program offers you the opportunity to interact with the dogs, learn about their training, and watch them show you their special skills.

Restorative Yoga and Reiki Workshop

TUESDAY, SEPTEMBER 8, 2:00 - 3:15 PM

 IN-PERSON

This restorative yoga class combines the calming benefits of gentle yoga with the soothing support of Reiki. Participants will be guided through classic restorative poses designed to encourage natural alignment and deep relaxation. While in these poses, participants will receive hands-on Reiki, a form of energy therapy that enhances the natural healing system of the body and creates a sense of well-being.



The Non-Toxic Home: A Room-by-Room Guide

WEDNESDAY, SEPTEMBER 30, 1:00 - 2:15 PM CST

 VIRTUAL

Most of us think that if a product is allowed on the market, it must be safe. Unfortunately, due to a lack of effective regulation, many products in our homes contain harmful chemicals.

Going room-by-room, Environment expert Deborah de Moulpied will identify key areas of concern and provide simple solutions you can use to create a safer home. In this workshop, you will learn simple ways to reduce toxins and chemicals of concern in your home, how to identify products and categories of concern, small cost-effective changes that have a big impact, and helpful resources you can leverage.

SCAN QR
CODE TO
REGISTER



Men's Hike

MONDAY, SEPTEMBER 14, 10:30 – 11:30 AM

 **IN-PERSON**

Join us for a two-mile hike through natural terrain at Captain Daniel Wright Woods. Please wear comfortable walking or running shoes and dress for the weather. (This hike is reserved for any male participant - those diagnosed, caregiving or bereaved).

Meals in Minutes

MONDAY, SEPTEMBER 14, 1:00 – 2:30 PM

 **IN-PERSON**

Join Lori Bumbaco, Oncology Dietitian, for a practical program featuring tasty, nutritious dishes that can be prepared in minutes. Learn how to add cancer-protective foods into balanced, satisfying meals without relying heavily on highly processed ingredients. You'll leave with easy meal ideas, time saving shortcuts, and practical strategies to make healthy eating more convenient every day.

Wholeness and Healing Through Art: Exploring Self-Compassion

TUESDAY, SEPTEMBER 15, 10:30 AM – 12:30 PM

 **IN-PERSON**

Join meditation teacher Patti Vick, MFA, founder of Color Wheel Mindfulness, and connect with your inner flow and natural creativity. Each month, we'll focus on a different theme. This month, we will explore self-compassion using watercolors.

Mindfulness and Meditation in Daily Living: Fall Book Club – 10 Week Series

TUESDAY, SEPTEMBER 15, 22, 29, OCTOBER 6, 20, 27, NOVEMBER 3, 10, 17, 24, 12:00 – 1:00 PM CST

 **VIRTUAL**

Join Mindfulness Specialist, Serena Jain, as she leads the group into a discussion of "*Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life*." Over the course of 10 weeks, participants will read assigned sections of the book independently and gather weekly for discussion and reflection focused on themes in mindfulness.

Treatment's Done, Now What?

THURSDAY, SEPTEMBER 17, 12:00 – 1:00 PM CST

 **VIRTUAL**

The transition from treatment to survivorship is an important, and often overlooked, part of the cancer journey. Whether you have recently completed treatment or are preparing for it to end, this program helps participants understand the emotional and physical realities of life after cancer treatment. Learn how the nervous system responds to stress, explore common post-treatment experiences, and gain practical tools for navigating survivorship with greater understanding and confidence.

Zen-Extended

THURSDAY, SEPTEMBER 17, 1:00 – 4:00 PM

 **IN-PERSON**

Master the art of Zentangle in this extended meditative workshop. We will be creating a tile that is slightly more involved than what is done in a typical class. You must have attended a minimum of (6) Zentangle classes at CWC in order to participate. Light snacks will be provided.

Skincare & Makeup Made Simple

TUESDAY, SEPTEMBER 22, 10:30 AM – 12:30 PM

 **IN-PERSON**

Discover easy, effective ways to care for your skin and enhance your natural look. This hands-on workshop breaks down the basics of skincare routines, explains how to achieve healthy skin, and introduces simple makeup techniques you can use every day.

Stand-Up Comedy Workshop: There's Something Funny About Having Cancer

MONDAY, SEPTEMBER 28, OCTOBER 5, 12, 19, 26, NOVEMBER 2, 9, 5:30 – 8:00 PM

 **IN-PERSON**

In this workshop, we'll review professional comedians' sets in which they talk about difficult topics, including cancer, and review joke structure and types of jokes. You'll have an opportunity to write and practice your own sets while receiving feedback from your peers throughout the workshop to help you hone and perfect your set. Following the workshop, participants will be invited to perform their sets at a final event hosted by the Cancer Wellness Center at 28 Mile in Highland on November 10th.

Nature Hike

MONDAY, SEPTEMBER 28, 1:00 – 2:00 PM

 **IN-PERSON**

Join us for a two-mile hike through natural terrain at Middlefork Savanna. Please wear comfortable walking or running shoes and dress for the weather.

Labyrinth Walking Meditation

TUESDAY, SEPTEMBER 29, 2:00 – 3:00 PM

 **IN-PERSON**

Join us for a unique, grounding meditation experience inside the sacred geometry of the labyrinth. Lightly inspired by Zen Master Thich Nhat Hanh's beloved book, *How to Walk*, this class is an invitation to bring your full presence back to your body and the earth.

Individualized Services

To schedule appointments for these services, contact the Center at 847.509.9595



The CWC Studio: Wig Services

WEDNESDAY, SEPTEMBER 16, 9:00 AM – 5:00 PM

A limited number of appointments are available for a free wig and wig-fitting at the CWC Studio. A variety of high-quality, synthetic wigs of many hair colors and textures are available. These services will be provided by professionals from Hair Response.



Wig Salon: Resurrection Medical Center

WEDNESDAY, SEPTEMBER 16, 10:00 AM – 2:00 PM

The wig salon at Resurrection Medical Center provides individuals experiencing hair loss due to cancer treatment with free, high-quality synthetic wigs in a variety of colors, textures, and styles. A limited number of appointments are available. The wigs and services are provided FREE of charge.



Acupuncture Treatment

FRIDAY, SEPTEMBER 18, 9:00 AM – 4:00 PM

Wondering if acupuncture is right for you? Complimentary one hour individual treatments are available with Dr. Zahava Berkowicz and the IMMA team at IMMA Acupuncture and Wellness. Acupuncture is the insertion of single use sterile needles at specific acupoints on the body to promote healing, reduce pain and alleviate stress.



Newly Diagnosed Consultation

Designed for individuals recently diagnosed with cancer, this two-session consultation provides targeted support in processing your diagnosis, navigating the medical system, and addressing early emotional and logistical needs.



Consultas para personas con recién diagnosticadas

El diagnóstico de cáncer produce muchos sentimientos que podrían ser difíciles de manejar. Una consejera experimentada puede platicar contigo para ayudarte a lidiar con tus miedos y ansiedades sobre tu diagnóstico de cáncer.

Sneak Peek

Introduction to Mindfulness: 6-Week Series

**WEDNESDAY, OCTOBER 7, 14, 21, 28, NOVEMBER 11, 18,
4:00 – 5:00 PM CST**



Join Nora Barquin, Certified Mindfulness Teacher, for this 6-week foundational mindfulness series. Through evidence-based practices, participants will learn how to integrate mindfulness into everyday life using both formal meditation and informal mindfulness techniques. This course is designed for beginners as well as individuals who wish to refresh or deepen their existing practice within a supportive community.

Upcoming Short-Term Groups

Interested in joining? Contact the Center at 847.562.4981

Strategies for Ongoing Sleep Problems

TUESDAYS, SEPTEMBER 15TH & 29TH AND OCTOBER 13TH & 27TH,
1:00 – 2:30 PM

MEGAN MCMAHON, PHD, AND GABRIELLE WOLK, PSYD

Starting September 15, this 4-session group is for individuals who have completed cancer treatment within the past five years, or their spouses or partners, who are having ongoing trouble falling asleep, staying asleep or feeling rested. Participants will receive guidance and support to try structured sleep-related practices between sessions, with the goal of improving sleep over time.

The group is based on Cognitive Behavioral Therapy for Insomnia (CBT-I), a well-researched, non-medication approach recommended for long-term sleep problems. To get the most benefit, participants are expected to attend all sessions.

Eligibility:

- Individuals who have completed treatment within the past 5 years or their spouses/partners
- Have experienced ongoing difficulty with sleep for 3 weeks or longer

Meaning-Centered Group for Cancer Patients

WEDNESDAYS, WEEKLY, IN-PERSON, 10:30 AM – 12:00 PM

GABRIELLE WOLK, PSYD, AND DOMINIQUE JAMES, MA, LCPC

Starting September 30, this 8-week topic-driven discussion group aims to aid participants in their discovery, reconnection, maintenance, and enhancement of a sense of meaning in life while living with cancer. It will facilitate and optimize coping through a greater understanding of sources of meaning that can be used after a cancer diagnosis. Through the group experience, it will promote a supportive environment among participants faced with similar challenges.

Each session will be focused on a new topic and will include exercises and concepts for the group to discuss. Handouts and simple assignments will be encouraged between sessions to prepare for follow-up discussions. We encourage participants who are available and willing to commit to all eight weeks to register.

Eligibility:

- Open to all participants at any stage of prognosis/diagnosis.

New to the Center? Start here

For more information or to register for Support Services, contact our Intake Coordinator

Alana Lebovitz, MSW

(847) 562-4981

alebovitz@cancerwellness.org



Para más información o para registrarse para servicios de Terapias Virtuales o el Grupo del Apoyo. Mixto en español, póngase en contacto con

Nora Barquin, LCSW

(847) 562-4980

nbarquin@cancerwellness.org



Peer-to-Peer Support

BECOME OR RECEIVE A MENTOR ANGEL
WITH CANCER WELLNESS CENTER
& IMERMAN ANGELS

Become a Mentor:

Offer guidance and support, using your experiences to inspire hope.

Find a Mentor:

Imerman Angels connects you with a Mentor Angel who understands your experience.

Scan QR code to learn more.



Support Services

Counseling Services

Our counseling services provide expert support to help patients and loved ones process complex emotions, improve family communication, manage anxiety and grief and find stability during an uncertain time.

- Individual Counseling
- Family Counseling
- Bereavement
- Couples Counseling
- Child & Teen Support

Support Groups

Facilitated by licensed mental health professionals, our support groups create a safe space to share with others who understand, helping you feel less alone while learning practical coping strategies. Groups meet weekly or twice monthly, in-person or virtually.

FOR PATIENTS & SURVIVORS

- Young Women's
- Women 50+
- Men's
- Early-Stage Breast Cancer

FOR CAREGIVERS

- Significant Others/Caregivers
- Adult Child Caregivers
- Spousal Loss

TOPIC-FOCUSED:

- Meaning-Centered
- Women's Body Image
- Support for Anxiety

Peer Connection Groups

These monthly, drop-in gatherings offer a supportive space to share practical tips and real-life insights, help you learn from others' experiences and connect with people who truly understand. Groups meet monthly (in-person or virtual) and last 60–90 minutes.

DIAGNOSIS-SPECIFIC:

- Brain Tumor
- Lung Cancer
- Multiple Myeloma
- Pancreatic Cancer

DEMOGRAPHIC-BASED:

- Men's Group
- Young Adult Group
- Spousal Loss

FOR CHILDREN & TEENS:

- Pediatric Cancer Meet-Up

Nutrition Counseling

Our board-certified oncology dietitian provides personalized, evidence-based guidance to help you maintain strength, manage treatment side effects like appetite changes and digestive challenges, and develop sustainable eating habits for long-term health.



Ready to Connect?

Call 847.562.4981
or visit cancerwellness.org
to learn more.

You don't have to carry this alone—
there's a community waiting for you.

All programs are free of charge.

Wellness Classes

 In-Person
 Hybrid
 Virtual

SUN	MON	TUE	WED	THU	FRI
3:30 - 4:30 PM Yoga Suave: Waukegan Library 	9:30 - 10:30 AM Gentle Yoga: 	9:30 - 10:15 AM Chair Yoga 	9:30 - 10:30 AM Gentle Yoga 	9:30 - 10:30 AM Gentle Yoga 	9:00 - 10:00 AM Strength & Conditioning 
	10:45 AM - 11:45 AM Healing With Energy Through Reiki 	10:00 - 11:30 AM Canasta at CWC 	10:45 - 11:45 AM Strength & Conditioning 	10:30 AM - 12:00 PM Zentangle (September 10) 	10:00 - 11:00 AM Gentle Yoga 
	11:00 AM - 12:30 PM Bi-Weekly Writing Lab (September 21) 		5:30 - 6:30 PM Gentle Yoga: Lutheran General Hospital 	2:00 - 3:30 Mahjong at CWC 	10:15 - 11:15 AM Gentle Yoga: Waukegan Library 
	5:30 - 6:30 PM Stress Relief Yoga 				

Want wellness tips, nutrition information, and programs sent straight to your inbox?
Subscribe to our Program, Wellness, Nutrition and Child & Family Newsletters

Scan the QR codes to sign up for our newsletters!



WELLNESS NEWSLETTER



NUTRITION NEWSLETTER



PROGRAM NEWSLETTER



CHILD & FAMILY NEWSLETTER